

Kentucky Behavioral Health Planning and Advisory Council

Meeting Summary

March 11, 2021

Virtual Meeting

10:00 a.m. - 12:30 p.m. EST

Council Members: Robin Osborne, Sharon Darnell, Steve Shannon, Angela Sparrow, Susan Abbott, Lauren Reynolds, Tonia Wells, Russ Williams, Phyllis Millspaugh, Jeanette Rheeder, Bill Heffron, Betty Sue Abshire, Peggy Roark, David Gutierrez, Ella Kremer, Steve Lyons, Sherry Sexton, Becky Clark, Valerie Mudd, Kelly Gunning, Gayla Lockhart, Kathryn Tillett, Lynn Haney

Presenters: Katie Marks, Adam Trosper, Michelle Kilgore, Jonathan Philpot

Staff: Michele Blevins, Christie Penn, Cheryl Bogarty, Patti Clark, Tom Beatty, Beth Jordan, Amy Potts, Lea Taylor

Guests: Marcie Timmerman

Topic	Discussion	Next Steps
Call Meeting to Order	Sherry Sexton, Secretary, called the meeting to order at 10:04 AM and welcomed members, guests and staff.	Planning Council's homepage: http://dbhdid.ky.gov/dbh/kbhpac.aspx
Member Updates	Members, guests and staff introduced themselves and provided updates.	
Approval of November 2020 Meeting Summary	Members reviewed the November meeting summary. Sharon Darnell made a motion to approve the minutes as written. Mike Barry seconded. Minutes approved.	Approved meeting summaries are available at the Planning Council's homepage.
Committee Reports	<u>Executive Committee</u> Robin provided a report on the Executive Committee held January 21, 2021. Members reviewed the minutes from that meeting. Valerie Mudd made a motion to approve the minutes as written. Steve Lyons seconded. Minutes approved. <u>Membership Committee</u> Gayla Lockhart provided a report on the Membership Committee meeting held January 21, 2021. Members reviewed the meeting minutes. Peggy Roark made a motion to approve the minutes as written. Robin Osborne seconded. Minutes approved. Staff provided information about two membership applications that were received after the Membership Committee meeting. Steve Shannon made a motion to recommend the applicants to Commissioner Wendy Morris for membership. Sherri Estes seconded. Motion approved.	The Council's recommendation will be forwarded to Commissioner Morris.

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	<p>Members reviewed a draft Council infographic developed by Ella Kremer and recommended a couple of minor changes. Members and staff agreed the infographic will be helpful for educating the public about the Council and recruiting new members.</p> <p><u>Finance and Data Committee</u> Peggy Roark shared that a Finance and Data Committee meeting will be held Thursday, April 15, 2021.</p>	<p>Staff will send new logo and hyperlink to the public comments webpage to Ella.</p>
<p>Supports for Individuals in Recovery from Substance Use Disorders</p>	<p>Michelle Kilgore shared information about Kentucky’s Recovery Community Centers (RCCs) - non-profit centers that offer support services such as mutual aid, peer support, fellowship and employment and housing resources for individuals in recovery and their family and friends. There are 11 KORE-funded RCCs located throughout the state.</p> <p>Adam Trosper and Jonathan Philpot provided information about recovery residences in Kentucky. Recovery residences are democratically-run, voluntary residences for individuals in recovery from substance use disorders. Residents share the residential costs. The residences follow the standards of the National Alliance for Recovery Residences.</p>	<p>For more information about these services and supports, please contact Michelle Kilgore at michelle.kilgore@ky.gov, Jonathan Philpot at jonathane.philpot@ky.gov or Adam Trosper at adam.trosper@ky.gov.</p>
<p>Kentucky Opioid Response Effort</p>	<p>Katie Marks, Ph.D., Project Director, shared about the following KORE initiatives:</p> <ul style="list-style-type: none"> • Naloxone trainings held with CMHC Regional Prevention Centers; • A safe opioid disposal campaign; • Training for trainers in Assisting and Managing Suicide Risk for Substance Use Disorders (SUD); • Expansion of the Quick Response Team model. Kentucky now has 13 QRTs that show up after an individual has experienced a non-fatal overdose or other SUD crisis to connect him/her to resources; • Growth of contingency management (positive reinforcements for treatment attendance, etc.); and • Working with partners to help with community mobile harm reduction outreach and engagement. <p>Members shared the following comments:</p> <ul style="list-style-type: none"> • My organization would be happy to be a part of their momentum. • I recommend more intersection with criminal justice because there are too many people in jail beds instead of treatment beds. • I’d like to see more services for individuals with co-occurring disorders. My community’s mental health court currently has 	<p>For more information about KORE, please contact Dr. Marks at Katie.Marks@ky.gov.</p>

Topic	Discussion	Next Steps
	<p>83 individuals on the docket with co-occurring disorders. It shouldn't matter which diagnosis came first.</p> <ul style="list-style-type: none"> • Please remove the red tape in treatment facilities so that individuals with substances in their bodies can receive treatment. State hospitals will not accept a person who has recently used. There are many barriers in place. • With co-occurring disorders, both diagnoses are important. We must respect both diagnoses. • We must embrace trauma-informed care and emerging trauma medications that psychiatrists can prescribe to reduce amygdala-driven behaviors (low dose benzodiazepines or SSRIs). • We must monitor individuals using benzodiazepines more closely instead of getting rid of them. Benzodiazepine stewardship. • Jails release individuals and do not notify families. It is very difficult to get individuals back into the level of care they need after they are released from jail. • We also need to connect people with care better after they are discharged from hospitals. Connect them with peer support. And guardianship court if needed. • We need to stop insurance companies from discharging individuals early in order to save costs. • We need to continue to learn about gaps and close them. 	
Department Updates	<p>Michele Blevins shared the following department updates:</p> <ul style="list-style-type: none"> • Staff from the U.S. Department of Housing and Urban Development (HUD) reached out for information about resources for individuals they serve. Michelle shared information about HUD's EnVision Centers (located in Bowling Green, Henderson, Louisville and Lexington). • The department received official notice that it is receiving an allocation of \$39M in COVID funding between the mental health and substance abuse prevention and treatment block grants. The funds must be spent using the same rules as traditional block grant funds. The department will solicit feedback on how to utilize the funds at the upcoming Finance and Data Committee meeting on April 15th. Attendees were also encouraged to send ideas to Michele Blevins at michele.blevins@ky.gov. • Shambra Mulder is a new Deputy Commissioner at the department. • Missy Runyon has returned to the department to work with the Early Interventions for First Episode of Psychosis programs. • Amy Potts is the new Project Director for the Disaster Resiliency Grant. 	<p>EnVision Centers HUD.gov / U.S. Department of Housing and Urban Development (HUD)</p>

Topic	Discussion	Next Steps
	<ul style="list-style-type: none"> The department has been awarded a new grant to support re-entry of individuals into the community from incarceration. 	
Adjournment of Meeting	Robin adjourned the meeting at 12:21 PM. Sharon Darnell made a motion to adjourn. Kelly Gunning seconded. Motion approved.	<u>Next Meeting:</u> Thursday, May 13, 2021